

12 weeks to be ready for your first short distance swimrun

(Sprint ≈12–15km including 20% of swimming)

	Swimming Inc. including Pb/padd: pullbuoy and paddles	Running Inc. including	Swimrunning	Extras
Week1: STRENGTH	Pool: - Technique: 45min inc. drills and test 3x200mt with 1min rest. - Strength: 3km inc. 4x300mt pb/padd	- Long: 15km inc. some change of paces. - Strength: 60min inc. Hill reps (6x 90" uphill/60" downhill) - Endurance: 70min inc. 3x10min increasing the pace every 10min	- 75min with race partner trying the gear. Testing the activity.	Core and strength: 5-10min every day or second day. Alternative training like 60min yoga or 75min mtb
Week2: STRENGTH	Pool: - Technique: 45min of drills - Strength: 3km inc. 2x400mt + 6x 150mt pb/padd - Long: 75min inc. 15min technique + 2x 15min pb/padd	- Long: 17km inc. some change of paces. - Strength: 60min inc. Hill reps (6x 2min uphill/60-90" downhill) - Endurance: 75min inc. 3x12min increasing the pace every 12min		Core and strength: 5-10min every day or second day. Alternative training like 60min yoga or 75min mtb
Week3: STRENGTH	Pool: - Technique: 45min of drills - Strength: 3km inc. 3x500mt pb/padd with 45" rest.	- Long: 18km inc. some change of paces. - Strength: 60min inc. Hill reps (6x 3min uphill/90" downhill) - Endurance: 80min inc. 3x15min increasing the pace every 15min	- 90min with race partner trying the gear and simulating some race sections at race speed	Core and strength: 5-10min every day or second day. Alternative training like 60min yoga or 75min mtb
Week4: SWIMRUN FOCUS	- Technique: 45min of drills - Technique: 60min inc. drills and speed (25-50-75mt easy/hard...)	- Long: 20km inc. some change of paces. - Endurance: 70min inc. 3x10min increasing the pace every 10min	- 90min with race partner trying the gear and simulating some race sections at race speed - 90-120min easy pace	Core and strength: 5-10min every day or second day.
Week5: SPEED	Pool: - Technique: 60min inc. drills and test 3x200mt with 1min rest. Open water: - Strength: 60min inc. 6x4min pb/padd with 20" rest	- Long: 20km inc. some change of paces. - Speed: 60min inc. Intervals (6x1km solid with 60" rest) - Endurance: 70min inc. 3x10min increasing the pace every 10min	- 90-120min with race partner including 2 hard swims and 2 hard runs.	Core and strength: 5-10min every day or second day.
Week6: SPEED	Pool: - Speed: 60min inc. drills and series of short intervals (25-50-75-100mt	- Long: 2h with some change of paces in specific race landscape	- 90-120min with race partner including 3 hard swims and 3 hard runs.	Core and strength: 5-10min every day or second day.

	<p>easy/hard...)</p> <p>Open water:</p> <ul style="list-style-type: none"> - Strength: 70min inc. 4x 8min solid pb/padd increasing the pace with 30" rest 	<ul style="list-style-type: none"> - Speed: 60min inc. Intervals (5x1.5km + 400mt fast) - Endurance: 80min inc. 3x12min increasing the pace every 12min 		
Week7: SPEED	<p>Pool:</p> <ul style="list-style-type: none"> - Speed: 60min inc. drills and series of short intervals (25-50-75-100mt easy/hard...) <p>Open water:</p> <ul style="list-style-type: none"> - Strength: 75min inc. 2x (5-4-3-2-1min solid) pb/padd increasing the pace with 30" rest 	<ul style="list-style-type: none"> - Long: 2h+ with some change of paces in specific race landscape - Speed: 60min inc. Intervals (4x2km + 400mt fast) - Speed: 60min inc. Intervals (8x 400mt fast with 200mt rest jog). 	<ul style="list-style-type: none"> - 90-120min with race partner including 4 hard swims and 4 hard runs. 	Core and strength: 5-10min every day or second day.
Week8: SWIMRUN FOCUS	<p>Open water:</p> <ul style="list-style-type: none"> - Strength: 75min inc. 2x (5-4-3-2-1min solid) pb/padd increasing the pace with 30" rest - Continuous: inc. wu: 10min + 5x (1min hard/1min) easy + 2x20min non stop pb/padd 	<ul style="list-style-type: none"> - Long: 15km inc. some change of paces. - Endurance: 70min inc. 3x10min increasing the pace every 10min 	<ul style="list-style-type: none"> - 2h+ with race partner including a few hard segments - 90-120min easy pace 	Core and strength: 5-10min every day or second day.
Week9	<p>Pool:</p> <ul style="list-style-type: none"> - Technique: 75min inc. drills and test 3x200mt with 1min rest. <p>Open water:</p> <ul style="list-style-type: none"> - Strength: 60min inc. 8x3min pb/padd with 20" rest 	<ul style="list-style-type: none"> - Long: 22km inc. some change of paces. - Speed: 60min inc. Intervals (8x1km solid with 60" rest) - Endurance: 70min inc. 5x6min increasing the pace in the 6min 	<ul style="list-style-type: none"> - 2h+ with race partner including a few hard segments 	Core and strength: 5-10min every day or second day.
Week10	<p>Open water:</p> <ul style="list-style-type: none"> - Strength: 75min inc. 2x (8-5-2min solid) pb/padd increasing the pace with 30" rest - Continuous: inc. wu: 10min + 5x (1min hard/1min) easy + 3x15min non stop pb/padd 	<ul style="list-style-type: none"> - Long: 2h finishing strong - Speed: 60min inc. Intervals (6x1.5km solid with 200mt jog rest) - Endurance: 70min inc. 6x4min increasing the pace in the 4min every min. 	<ul style="list-style-type: none"> - 90min with race partner including a few hard segments - 90min easy pace focusing on transitions 	Stretch 5-10min every day or second day.
Week11	<p>Open water:</p> <ul style="list-style-type: none"> - Continuous: inc. wu: 10min easy + 30min non stop pb/padd - Continuous: inc. wu: 10min + 5x (1min hard/1min) easy + 3x15min 	<ul style="list-style-type: none"> - Endurance: 70min inc. 6x4min increasing the pace in the 4min every min. - Endurance: 60min inc. 3x10min increasing the pace every 10min. 	<ul style="list-style-type: none"> - 90min with race partner including a few hard segments - 75min easy pace focusing on transitions 	Stretch 5-10min every day or second day.

	non stop pb/padd			
Week12: Race Week	<p>Pool:</p> <ul style="list-style-type: none"> - Speed: 45min inc. drills and series of short intervals (25-50-75-100mt easy/hard...) <p>Open water:</p> <ul style="list-style-type: none"> - Strength: 35min inc. 4x 2min solid pb/padd increasing the pace with 30" rest 	<ul style="list-style-type: none"> - Endurance: 45min Easy pace with a few strides (4x 50-70mt) - Endurance: 45min Easy pace 	<ul style="list-style-type: none"> - 45min easy pace to test all the gear a last time. - RACE 	Stretch 5-10min every day or second day.